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Lifetime Cannabis Use is Associated with Suicidal Ideation and Non-Suicidal Self Injury

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Introduction

- Cannabis is the most commonly used federally illicit substance, with 20% of young adults reporting use at least once per week (Gobbi et al., 2019)
- Cannabis use has been shown to increase suicidal behavior (e.g., suicidal ideation, lethal suicidal behavior) and non-suicidal self-injury (NSSI) due to psychological distress, socioeconomic factors, and traumatic events (Brockie et al., 2015)
- Suicide ideation is related to thoughts engaged with endings one's life and or thoughts of suicide (Gobbi et al., 2019)
- NSSI is related to self-cutting, burning, and biting without lethal intent (Hamza et al., 2012)
- Little previous work has examined the impact of lifetime frequency of cannabis use on suicidal ideation, suicidal lethal behavior, and NSSI in a diverse young adult sample

Aims

- Aim: Determine if lifetime cannabis use frequency is linked to suicidal behavior

Hypotheses

- The current study hypothesized lifetime cannabis use frequency would be linked to greater risk of lifetime suicidal ideation, lifetime suicide attempts, and lifetime NSSI

Participants

- N= 428
- Gender: 51.9% female, 42.5% male
- Ethnicity: 59.1% White, 20.6% Hispanic or Latino, 15.4% Black or African American, 17.8% Asian; Sexual Orientation: 61.2% heterosexual

Procedure

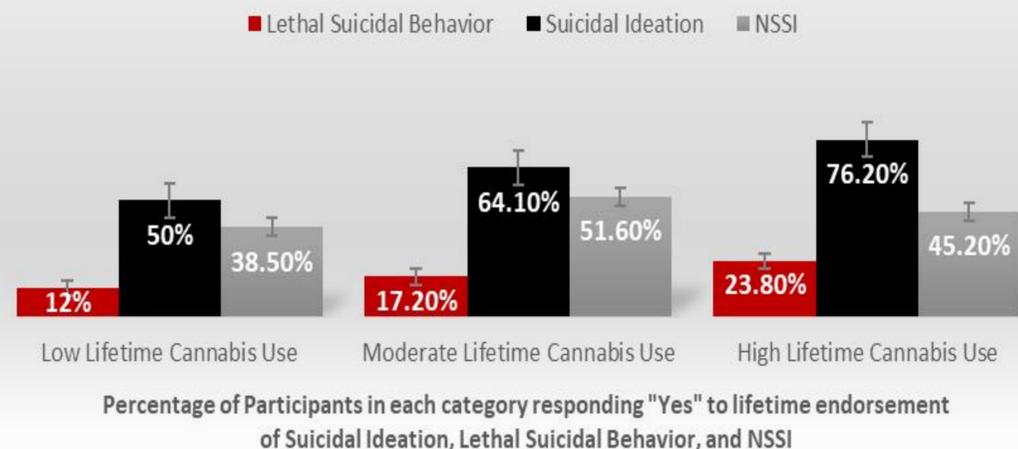
- Emerging adults completed an online assessment that measured lifetime cannabis use, NSSI, suicidal ideation and lethal suicidal behavior using the Daily Sessions, Frequency, Age of Onset, and Quantity of Cannabis Use Inventory (DFAQ-CU) and the Self-Injurious Thoughts and Behaviors Interview (SITB)

Data Analyses & Results

- A series of logistic regression models revealed that lifetime cannabis use was associated with increased odds of lifetime suicidal ideation (OR = 1.20, $p < .05$) and with lifetime NSSI (OR = 1.16, $p < .05$) but not lethal suicidal behavior (OR = 1.15, $p = ns$).

Figure

Suicidal Behavior, NSSI & Lifetime Cannabis Use



Conclusions

- These results indicate that lifetime cannabis use is associated with increased odds of lifetime suicidal ideation and lifetime NSSI
- Future research is needed to pinpoint mechanisms underlying the connection between frequent cannabis use and suicidal behavior
- The results highlight the need for education regarding the potential connection between frequent cannabis use, suicidal ideation, and NSSI.

Questions?

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